



July is Recreation Month!

*Celebrate Recreation month by — Recreating!
Here are just some of Eugene Recreation's activities this month. For complete listings, see the online Recreation Guide: www.GetRec.org, or a paper guide at any City of Eugene Community Center, Pool or Library.*

FAMILIES/YOUTH

Fun For All — FREE summer playground program July 1-Aug. 23, 10 am-5 pm at Churchill, Monroe, Petersen Barn, Trainsong, Washington, and State St. Parks.

Family Sailing: July 5, 6, 12, & 20; 5:30-9:30; July 26, 5-9 pm. Ages 8 & up. Bring a picnic! \$30/pp. Richardson Park Marina, Fern Ridge.

2-for-1 Recreation swim: July 5-7, 1:10-3:40 pm Echo Hollow Pool; 1:40-3:40 pm Sheldon Pool; All Ages. \$3.25 for 2 youth 3-17 yrs.

Summer in the City — Movies in the Park: various dates, July 5-Aug. 23, See complete schedule at www.eugene-or.gov/summerinthecity. Free!

First Saturday Park Walk: July 6, 9-11 am. All ages. Free! Led by a naturalist. Clearwater Park in Springfield.

All-comers Track Meets: Every Wed., July 10-31, 4-7 pm. \$5 for three events; \$1 for OTC members; free for Junior OTC members. Hayward Field, U of O.

Summer Family Fun Night, July 11, 5:30-7:30 pm. All ages. Crafts, games, dinner. Free/drop-in. Petersen Barn.

Summer in the City — Live Music in the Parks July 18- Aug. 15. Various locations, days and artists. See complete schedule: www.eugene-or.gov/summerinthecity Free!

Touch-a-Truck: July 17, 5-7:30 pm. All Ages. Free! Petersen Barn Center.

Summer in the City — Skateboard Competitions: July 20, 4-8 pm. All ages (Parent must register youth under 18.) \$5. Cal Young Skate Park.

Summer in the City — Downtown, Sundays Streets — July 21, 11:30 am-4 pm. Walk, amble, peddle or skate in and around Kesey Square. Free!

Summer Block Party: July 26, 1:10-3:40 pm. All Ages. Music, games, prizes, food! \$3/pp. Echo Hollow Pool.

Grandparent/Grandchild Challenge Course: July 30, 10 am-3:30 pm. Have an adventure! Ages 8 & up. \$30/pp. Spencer Butte Challenge Course.



SUMMER CAMPS

These are just a few of Eugene Recreation's 100 summer camps that run through August 30.

Morse Farm Outdoor Camps -

Field trips every week, some out of town. Ages 6-11. 7:30 a.m.-6 p.m. Register by the week.

Amazon Arts Camps - Jedi Academy, Wizards, Hip Hop, Role Playing Games, Spanish, more. Ages 3-5, 5-7 or 8-11 7:30 a.m.-6 p.m. Register by the week.

Adaptive Recreation's Summer Quest

Camps - Designed for individuals with development disabilities. Ages 12-21. Journey to amazing global adventures! 9:30 a.m.-4:30 p.m. Register by the week (full or half day).

Swim and Tennis Camps: learn tennis, competitive swimming and water polo. 9 a.m.-3:45 p.m. Ages 7-14. Beginner: July 8-12 and July 22-26; Camps for more experienced in August. Echo Hollow Pool.

River House Outdoor Camps

- Beginning Skateboarding: Learn the fundamentals of skateboarding. All ages. July 22-26.
- Skate Oregon Overnight: Experienced skaters, ages 14 & up. July 30 (pre-trip meeting), Aug 5-9 (trip).

Camps by Activity — includes rafting, sailing, & other outdoor activities; art, fashion design, photography, environmental, tree climbing, biking, archery and much more. Offered by specific days. Prices, ages vary.

****Camps are also offered at Sheldon and Petersen Barn Community Centers. For the complete list of camps go to: www.eugene-or.gov/reccamps.**



See other side for Adult Activities

RECREATION ACTIVITIES FOR ADULTS *Continued from other side*

Summer in the City – Live Music every Sunday, through Sept. 8, 6:30-8 pm. Washington Park, Agate & 20th. Free. See complete schedule at: www.eugene-or.gov/summerinthecity.

Bike riding for fun and fitness. Every Wed., 9:30 am, rain or shine. Ages 18 & up. Free! Meet at Campbell Center.



Water fitness – 11 different classes, shallow or deep water, high to low intensity; can be tailored to your needs. Ongoing times and dates. Ages 16 & up. First class is free. 10-day pass \$32; (\$40 at Amazon Pool).

Clay Arts: four programs begin in July: Open studio, Handbuilding, Clay Play for Adults, and Wheel Throwing & Handbuilding. Dates, times and cost varies. Ages 16 & up. Amazon center.

Hikes: Alsea Falls, July 2, 9 am-5:30 pm; Devil's Punchbowl & Beverly Beach, July 22, 9 am-5:30 pm. Ages 50+ \$40/pp. Campbell Center.

Gentle Yoga: classes begin July 3, Wed. 6-7:15 pm. Ages 18 & up. This class is designed for individuals with chronic physical limitations. \$37.50. Washington Park Center.

Mixed media: painting in oils, acrylics, pastels. Classes begin Mon., July 8, 9:30 am. \$55; or Mon. 12:30 pm. \$38. Ages 50+. Petersen Barn Center.



Yoga: new classes begin Mon., July 8, 7:30-8:45 pm. \$35; Tues., July 16, 9-10 am, and Fri., July 19, 9-10 am. Both \$25. Petersen Barn Center.

Awesome Adventures: July 9 & 23, 10 am-4pm; July 18, 5:30-8:30 pm. Ages 16 & up. Designed for individuals with disabilities. Nature hikes and picnic. \$25/pp. Hilyard Center.

Historic Bike Tour: July 11, 9 am-noon. Ages 50+ Helmet & bike in good repair required. \$5. Campbell Center.

Digital Camera workshop – Learn the basic functions and settings. Thurs. July 11-18, 6-8:30 pm. \$25. Campbell Center.

Try sailing: Join an Outdoor sailing instructor for an introduction to sailing. July 16, 5-8:30 pm. Ages 16 & up. \$40. Richardson Park Marina, Fern Ridge.

Try surfing, women only: Beginning/intermediate surfing instruction. Must be able to swim and tread water. July 16, 7-9 pm (pretrip meeting); July 19-21, (trip). Ages 13 & up. \$255. Meet at the River House.

Chair Yoga: classes begin July 16, 10:15-11:15 am. Ages 50+ \$25, Petersen Barn Center.

Tai Chi: Slow movements promote better health. Tues. classes begin July 16; Fri. classes start July 19. Both 11:30-12:30 pm. Both \$28. Petersen Barn Center.

Craft workshop, 3D Wall Art: Explore your creativity and take home a finished wall art. Supplies provided. July 19, 2-4 pm, \$10. Petersen Barn Center.

H2O Paddle Challenge: Teams of 10 race in a 29-ft canoe to raise funds to help 13 injured vets regain an active lifestyle. July 20, 9 am-2pm, Perkins Peninsula, Fern Ridge. Register your team at www.paddleH2O.com or 541-682-5311.

Adult Soccer: register for fall leagues, July 23-26. Men, women & co-ed teams. Ages 18 & up. Play begins Aug. 26.

Blueberry Bash: Enjoy blueberry cobbler and ice cream at the Barn! July 25, 2-3 pm. \$3. Petersen Barn Center.

Speed Dating: July 26, 5-7 pm. Ages 70 & up. \$10/pp. Campbell Center.



McKenzie River Rafting for Veterans: July 28, 8:30 am-5 pm; ages 18 & up. Designed for injured or disabled veterans and their families. \$50/pp. Hilyard Center.

Dorena Lake Big Canoe Trip: July 29, 9 am-5 pm. Ages 50+ \$40/pp. Campbell Center.



FACILITIES

Eugene Recreation: *Building bodies and brains while having fun playing games.*

For more info: www.eugene-or.gov/rec

Recreation

Campbell Community Center – 155 High St. 541-682-5318

Echo Hollow Pool & Fitness Center – 1655 Echo Hollow Rd. 541-682-5525

Hilyard Community Center – 2580 Hilyard St. 541-682-5311

Petersen Barn Community Center – 870 Berntzen Road 541-682-5521

River House Community Center – 301 N. Adams St. 541-682-5329

Sheldon Community Center – 2445 Willakenzie Rd. 541-682-5312

Sheldon Pool & Fitness Center – 2443 Willakenzie Rd. 541-682-5314